# **Brief TOBACCO USE Counseling**

# -quitting your tobacco use will improve your health and your \_\_\_\_ symptoms and conditions -I think it is important for you to quit ASK about TOBACCO Use No Current Tobacco Use -congratulate them on being tobacco free -encourage continued abstinence

Assess willingness to quit

- are you seriously thinking of quitting tobacco (smoking/dipping) use?

# No or yes in 6 months or greater

smoking/chewing and I can help you

- -Assist with considering future cessation efforts
- promote motivation to quit
- provide non-judgmental, brief motivational message to promote motivation. Use 5 R's
- -Relevance- provide link between current health and medical condition
- -Risks discuss risks of continued tobacco use and individualized message to their health
- **-Rewards-** review specific benefits of quitting
- **-Roadblocks** discuss possible barriers to quitting and potential strategies to address each
- -Repetition at visits, reassess willingness and readiness to quit. Repeat these steps (use of R's). · let individual know they may return for assistance in quitting and you can help them!

## -Assist with quitting

Yes-within 30 days

- review treatment options (web programs, self-help materials, quit lines, group and individual counseling, pharmacotherapy)
- tailor interventions to their unique situation, needs, behaviors
- establish quit plan and quitting date
- help set-up needed appointments (medications, counseling)

Arrange

- set follow-up appointment
- ask about plan, abstinence, relapse
  - assess about medications
- discuss relapse prevention and management
  - congratulate on progress, changes
- -for those who relapse, ask about motivation and encourage to try again

### For additional information see

- DOD/VA Management of Tobacco Clinical Practice Guideline www.out.med.va.gov/cpg/TVC3/tuc.cpg/content/algo1.htm
- NEHC Tobacco Tools http://www.nehc.med.navv.mil/hp/tobacco/Tobacco tolls.htm